

M/F	Div	PL	NAME	Age Cat	Raw or Equip'd	Body Wt.	CLASS	SQ1	SQ2	SQ3	SQUAT	BP1	BP2	BP3	BENCH	Sub Total	DL1	DL2	DL3	DEAD	TOTAL	Wilks Pts
F	GL	1	Joy Nnamani	Senior	Raw	51.9	52	90.0	x	x	90.0	55.0	x	x	55.0	145.0	120.0	x	x	120.0	265.0	330.9
F	GL	2	Atousa Faraji	U23	Raw	49.7	52	75.0	80.0	-85.0	80.0	37.5	40.0	-42.5	40.0	120.0	100.0	110.0	120.0	120.0	240.0	309.7
F	GL	3	Ruthana Christofides	Senior	Raw	50.9	52	85.0	92.5	-97.5	92.5	37.5	-40.0	-40.0	37.5	130.0	90.0	-97.5	100.0	100.0	230.0	291.5
F	GL		Chantal Pearson	Senior	Raw	50.5	52	77.5	80.0	85.0	85.0	37.5	42.5	-45.0	42.5	127.5	100.0	-102.5	-102.5	100.0	227.5	290.1
F	GL		Tiarna Pearce	U20	Raw	51.9	52	77.5	82.5	87.5	87.5	37.5	42.5	47.5	47.5	135.0	87.5	-100.0	-100.0	87.5	222.5	277.8
F	GL	1	Louise Sinnah-Burr	Senior	Raw	54.8	57	90.0	-97.5	100.0	100.0	60.0	65.0	-67.5	65.0	165.0	135.0	-140.0	-140.0	135.0	300.0	359.0
F	GL	2	Tiffany Annan	Senior	Raw	55.3	57	80.0	85.0	90.0	90.0	37.5	-40.0	40.0	40.0	130.0	100.0	110.0	115.0	115.0	245.0	291.1
F	GL	3	Elysia Suantah	Senior	Raw	55.3	57	-77.5	82.5	-82.5	82.5	40.0	-42.5	-42.5	40.0	122.5	95.0	102.5	110.0	110.0	232.5	276.3
F	GL	1	Emelie Forsberg	Senior	Raw	61.0	63	95.0	100.0	105.0	105.0	52.5	55.0	-60.0	55.0	160.0	117.5	122.5	127.5	127.5	287.5	316.5
F	GL	2	Victoria Stewart	Senior	Raw	62.5	63	90.0	100.0	-105.0	100.0	45.0	50.0	-52.5	50.0	150.0	90.0	100.0	107.5	107.5	257.5	278.2
F	GL	3	Leilah Forward	U23	Raw	62.5	63	-75.0	75.0	87.5	87.5	-45.0	45.0	50.0	50.0	137.5	95.0	105.0	110.0	110.0	247.5	267.4
F	GL		Kasia Wozniak	Senior	Raw	61.7	63	-75.0	75.0	80.0	80.0	37.5	-40.0	-40.0	37.5	117.5	95.0	100.0	102.5	102.5	220.0	240.1
F	GL	1	Eno Majomi	M1	Raw	69.8	72	-125.0	130.0	140.0	140.0	60.0	65.0	67.5	67.5	207.5	120.0	130.0	140.0	140.0	347.5	346.4
F	GL	2	Emily Williams	Senior	Raw	71.0	72	117.5	127.5	-130.0	127.5	55.0	57.5	60.0	60.0	187.5	120.0	130.0	-135.0	130.0	317.5	312.8
F	GL	3	Victoria Jablonski	Senior	Raw	69.4	72	100.0	107.5	115.0	115.0	52.5	60.0	-65.0	60.0	175.0	120.0	130.0	140.0	140.0	315.0	315.2
F	GL		Izem Onadim	U23	Raw	71.9	72	92.5	100.0	-110.0	100.0	65.0	70.0	-72.5	70.0	170.0	100.0	112.5	120.0	120.0	290.0	283.3
F	GL		Sophie Alexander	Senior	Raw	70.3	72	85.0	92.5	100.0	100.0	50.0	55.0	57.5	57.5	157.5	115.0	122.5	130.0	130.0	287.5	285.2
F	GL		Leonie Fraser	U23	Raw	71.4	72	95.0	100.0	105.0	105.0	55.0	57.5	-62.5	57.5	162.5	115.0	120.0	125.0	125.0	287.5	282.2
F	GL		Laura Porter	Senior	Raw	71.7	72	-92.5	95.0	-102.5	95.0	50.0	55.0	57.5	57.5	152.5	115.0	122.5	127.5	127.5	280.0	274.1
F	GL		Emma Harrison	Senior	Raw	66.1	72	100.0	105.0	-110.0	105.0	-42.5	45.0	-50.0	45.0	150.0	120.0	130.0	-140.0	130.0	280.0	290.1
F	GL		Mina Kitsos	Senior	Raw	63.8	72	-85.0	85.0	87.5	87.5	35.0	40.0	-42.5	40.0	127.5	100.0	110.0	115.0	115.0	242.5	258.0
F	GL		Miriam Gillman	Senior	Raw	69.1	72	77.5	-85.0	-85.0	77.5	42.5	-45.0	45.0	45.0	122.5	95.0	105.0	110.0	110.0	232.5	233.4
F	GL		Julia Stent	Senior	Raw	71.4	72	-102.5	-102.5	-102.5	-102.5	42.5	47.5	50.0	50.0	-52.5	105.0	115.0	-125.0	115.0	62.5	61.3
F	EM	1	Emma Dansey	Senior	Raw	78.0	84	100.0	107.5	112.5	112.5	40.0	45.0	50.0	50.0	162.5	130.0	137.5	142.5	142.5	305.0	283.1
F	GL	2	Kyla Njoku	Senior	Raw	82.5	84	95.0	100.0	105.0	105.0	45.0	50.0	55.0	55.0	160.0	110.0	-117.5	120.0	120.0	280.0	252.0
F	GL	3	Sarah Broadbent-Spence	Senior	Raw	79.1	84	85.0	92.5	97.5	97.5	37.5	42.5	-45.0	42.5	140.0	110.0	120.0	125.0	125.0	265.0	244.0
F	GL		Sarah Griffiths	U23	Raw	72.9	84	95.0	100.0	105.0	105.0	40.0	42.5	x	42.5	147.5	107.5	115.0	-120.0	115.0	262.5	254.1
F	GL	1	Sylvia Osei-Tutu	Senior	Raw	120.6	84+	117.5	125.0	130.0	130.0	87.5	-92.5	92.5	92.5	222.5	140.0	150.0	-155.0	150.0	372.5	297.6
F	GL	2	Eva-Maria Bonin	Senior	Raw	93.2	84+	110.0	120.0	-130.0	120.0	50.0	55.0	-60.0	55.0	175.0	120.0	130.0	140.0	140.0	315.0	268.5
M		1	Shishir Sikder	Senior	Raw	58.4	59	135.0	140.0	145.0	145.0	85.0	90.0	92.5	92.5	237.5	172.5	180.0	185.0	185.0	422.5	369.5
M	GL	2	Muhammed Maktari	U20	Raw	57.6	59	85.0	90.0	95.0	95.0	55.0	60.0	65.0	65.0	160.0	120.0	130.0	135.0	135.0	295.0	261.4
M	GL	1	Fitsz Dubova	Senior	Raw	61.3	66	100.0	110.0	-120.0	110.0	-90.0	95.0	-102.5	95.0	205.0	150.0	160.0	165.0	165.0	370.0	309.5
M	GL	1	Billal Sohail	U20	Raw	73.4	74	190.0	200.0	205.0	205.0	92.5	97.5	102.5	102.5	307.5	200.0	210.0	220.0	220.0	527.5	381.6
M	GL	2	Thomas Goodspeed	U23	Raw	72.3	74	137.5	145.0	155.0	155.0	102.5	110.0	112.5	112.5	267.5	180.0	190.0	202.5	202.5	470.0	343.8
M	GL	3	Anil Lad	U23	Raw	70.5	74	150.0	155.0	157.5	157.5	100.0	107.5	-112.5	107.5	265.0	180.0	-190.0	190.0	190.0	455.0	339.1
M	EM		Sakib Adam	U23	Raw	72.2	74	-155.0	155.0	162.5	162.5	80.0	85.0	87.5	87.5	250.0	175.0	187.5	195.0	195.0	445.0	325.8
M	GL		Iftidar Rahman	U20	Raw	70.7	74	135.0	142.5	150.0	150.0	90.0	-95.0	-95.0	90.0	240.0	170.0	180.0	190.0	190.0	430.0	319.8
M	GL		Kia Samouie	U23	Raw	70.3	74	135.0	145.0	-150.0	145.0	85.0	90.0	95.0	95.0	240.0	155.0	165.0	170.0	170.0	410.0	306.2
M	GL		Aiham Kasem	U16	Raw	66.4	74	-80.0	85.0	90.0	90.0	-60.0	65.0	-70.0	65.0	155.0	120.0	130.0	135.0	135.0	290.0	226.6
M	GL		Dominic Evans	U20	Raw	73.9	74	150.0	-155.0	157.5	157.5	-120.0	-120.0	x	-120.0	37.5	160.0	175.0	190.0	190.0	227.5	163.8

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Greater London 28th Feb 2016
Bethnal Green Weightlifting Club

Record Attempts/Lifts in Red

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M/F	Div	PL	NAME	Age Cat	Raw or Equip'd	Body Wt.	CLASS	SQ1	SQ2	SQ3	SQUAT	BP1	BP2	BP3	BENCH	Sub Total	DL1	DL2	DL3	DEAD	TOTAL	Wilks Pts
M	GL		Aurimas Rakauskas	U18	Raw	73.1	74	105.0	110.0	-115.0	110.0	55.0	65.0	-67.5	65.0	175.0	125.0	132.5	137.5	137.5	312.5	226.8
M	GL	1	Daniel Ben-Chorin	Senior	Raw	82.6	83	207.5	220.0	227.5	227.5	140.0	147.5	-150.0	147.5	375.0	225.0	240.0	250.0	250.0	625.0	418.4
M	GL	2	Kristopher Franklin	U20	Raw	82.6	83	190.0	200.0	-210.0	200.0	130.0	135.0	-140.0	135.0	335.0	230.0	235.0	-240.0	235.0	570.0	381.6
M	GL	3	Julien Noizet	Senior	Raw	81.5	83	180.0	190.0	192.5	192.5	110.0	120.0	125.0	125.0	317.5	225.0	235.0	240.0	240.0	557.5	376.2
M	GL		Aaron Wade	U20	Raw	80.5	83	165.0	180.0	192.5	192.5	100.0	110.0	120.0	120.0	312.5	210.0	230.0	235.0	235.0	547.5	372.3
M	GL		John Carter	Senior	Raw	81.3	83	175.0	190.0	x	190.0	87.5	95.0	100.0	100.0	290.0	227.5	242.5	x260	242.5	532.5	359.9
M	GL		Leo Double	Senior	Raw	82.2	83	170.0	175.0	180.0	180.0	110.0	115.0	-120.0	115.0	295.0	215.0	225.0	232.5	232.5	527.5	354.1
M	GL		Tamim Husain	Senior	Raw	79.5	83	180.0	190.0	-195.0	190.0	100.0	110.0	-115.0	110.0	300.0	200.0	210.0	-215.0	210.0	510.0	349.6
M	GL		Michal Strzlecki		Raw	80.8	83	150.0	157.5	-162.5	157.5	122.5	127.5	130.0	130.0	287.5	195.0	205.0	215.0	215.0	502.5	340.9
M	GL		Andy Tanaka	U23	Raw	79.7	83	140.0	150.0	152.5	152.5	100.0	107.5	115.0	115.0	267.5	180.0	190.0	200.0	200.0	467.5	319.9
M	GL		Ruhul Ali	Senior	Raw	75.1	83	-150.0	150.0	157.5	157.5	-87.5	87.5	-92.5	87.5	245.0	175.0	180.0	185.0	185.0	430.0	306.1
M	GL	1	Robert Rogers	Senior	Raw	88.0	93	230.0	240.0	250.0	250.0	142.5	150.0	157.5	157.5	407.5	265.0	277.5	290.0	290.0	697.5	450.5
M	GL	2	Frederick Annan	Senior	Raw	86.8	93	205.0	215.0	217.5	217.5	155.0	160.0	-162.5	160.0	377.5	260.0	280.0	-290.0	280.0	657.5	427.8
M	GL	3	Diego Martinez-Rodney	Senior	Raw	89.9	93	215.0	230.0	-235.0	230.0	125.0	135.0	142.5	142.5	372.5	255.0	270.0	277.5	277.5	650.0	415.2
M	GL		Jeff Ocrah	Senior	Raw	92.4	93	200.0	-215.0	-215.0	200.0	140.0	150.0	-157.5	150.0	350.0	270.0	290.0	x	290.0	640.0	403.3
M			Jason Coultman	Senior	Raw	92.6	93	230.0	240.0	250.0	250.0	60.0	x	x	60.0	310.0	247.5	265.0	282.5	282.5	592.5	373.0
M	GL		Antonio Shinebourne	U23	Raw	91.9	93	195.0	205.0	212.5	212.5	120.0	130.0	137.5	137.5	350.0	215.0	227.5	240.0	240.0	590.0	372.8
M	GL		Jonathan Oviasu	Senior	Raw	88.2	93	190.0	200.0	-215.0	200.0	115.0	-122.5	-122.5	115.0	315.0	225.0	240.0	250.0	250.0	565.0	364.5
M	GL		Louis Bichard	U23	Raw	89.2	93	190.0	202.5	-210.0	202.5	120.0	127.5	-135.0	127.5	330.0	195.0	210.0	220.0	220.0	550.0	352.7
M	GL		Hussein Kasim	Senior	Raw	92.2	93	170.0	175.0	180.0	180.0	120.0	125.0	-130.0	125.0	305.0	190.0	200.0	205.0	205.0	510.0	321.7
M	GL		Alex Petrenco	U23	Raw	93.0	93	185.0	195.0	-200.0	195.0	95.0	-100.0	-100.0	95.0	290.0	200.0	217.5	-232.5	217.5	507.5	318.8
M	GL		Theo Warren	U20	Raw	90.8	93	140.0	150.0	160.0	160.0	110.0	115.0	117.5	117.5	277.5	185.0	202.5	-205.0	202.5	480.0	305.1
M	GL	1	Thomas Celestin	M1	Raw	100.1	105	225.0	235.0	240.0	240.0	125.0	127.5	130.0	130.0	370.0	285.0	310.0	317.5	317.5	687.5	418.2
M	GL	2	Reece Smith	Senior	Raw	104.1	105	227.5	235.0	240.0	240.0	-162.5	157.5	-160.0	157.5	397.5	240.0	260.0	-275.0	260.0	657.5	394.1
M	GL	3	Charlie Allen	U23	Raw	94.9	105	200.0	210.0	-220.0	210.0	-135.0	140.0	-145.0	140.0	350.0	250.0	260.0	272.5	272.5	622.5	387.4
M	GL		Oliver Hexter	Senior	Raw	95.3	105	160.0	170.0	177.5	177.5	112.5	120.0	-125.0	120.0	297.5	185.0	195.0	-202.5	195.0	492.5	305.9
M	GL		Mike Denzil	M1	Raw	98.0	105	150.0	160.0	170.0	170.0	110.0	115.0	-120.0	115.0	285.0	180.0	192.5	195.0	195.0	480.0	294.6
M	GL		Diell Zejnullahu	U18	Raw	104.9	105	120.0	135.0	150.0	150.0	100.0	107.5	115.0	115.0	265.0	160.0	180.0	192.5	192.5	457.5	273.5
M	GL		George Seeger	Senior	Equip'd	100.2	105	230.0	240.0	245.0	245.0	-167.5	-167.5	-167.5	-167.5	245.0	272.5	282.5	290.0	290.0	367.5	223.5
M	GL	1	Sizen Basnet	U23	Raw	114.9	120	190.0	205.0	215.0	215.0	155.0	160.0	165.0	165.0	380.0	270.0	-300.0	-300.0	270.0	650.0	377.8
M	GL	2	Elliot Davis	Senior	Raw	116.9	120	200.0	-215.0	-220.0	200.0	125.0	135.0	-137.5	135.0	335.0	220.0	242.5	245.0	245.0	580.0	335.6
M	GL	3	John Milon	Senior	Raw	108.0	120	175.0	182.5	187.5	187.5	120.0	125.0	-127.5	125.0	312.5	215.0	227.5	-235.0	227.5	540.0	319.6
M	GL		Kieran Stubbings	U20	Raw	106.8	120	190.0	-200.0	-200.0	190.0	-125.0	-125.0	x	-125.0	190.0	x	x	x		65.0	38.6

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